

Low-cost health care coverage options





If you can't afford to buy health insurance or keep the coverage you have, here are some options that can help you pay for care.

Low-cost health insurance

Individuals and families

Apple Health for Kids provides health care coverage to children under age 19 of any immigration status who qualify based on income. For more information, go to <http://hrsa.dshs.wa.gov/applehealth/index.shtml> or call 1-877-543-7669.

Basic Health Plan offers comprehensive health care coverage to limited-income Washington state residents who:

- Have income of 133% or less of the federal poverty level (\$1208/month/single person)
- Are under age 65
- Can verify legal residence in the U.S.

Be aware the plan has a long waiting list. For more information, call 1-800-660-9840 and press 1 or go to www.basichealth.hca.wa.gov.

Disability Lifeline (previously called General Assistance Unemployable or GAU) ends Oct. 31, 2011 due to a new state law. This program provides medical benefits to people with physical and/or mental disabilities who are unemployable. However, the law creates three new programs on Nov. 1, 2011:

- Aged, Blind and Disabled Cash Assistance Program
- Pregnant Women Assistance Program
- Housing and Essential Needs

Contact information for the three new programs will remain the same as for the Disability Lifeline. For more information call the Department of Social and Health Services at 1-877-501-2233, or to submit an application, go online to Washington Connections at <https://www.washingtonconnection.org/home/>

Healthcare for Workers with Disabilities Program is for people with disabilities age 16 through 64. To find out more, call 1-877-501-2233.

Medicaid provides health care and prescription coverage to people who qualify, based on their income, assets, health, disability, and family size. To find out if you qualify, go to www.dshs.wa.gov or call 1-800-865-7801.

Pregnancy Medical offers medical coverage for pregnant women who meet income limits, and full medical benefits for the newborn baby for the first year. To find the nearest Community Service Office, and for more information about the program, call DSHS at 1-800-865-7801.

Washington Health Program is a health plan run by the state for people who don't have Medicare, Medicaid, or Basic Health. The program offers either \$75,000 or \$100,000 in coverage per year through the Community Health Plan of Washington. Find out more at www.washingtonhealth.hca.wa.gov or call 1-800-660-9840 and press 2.

Active military and veterans

TRICARE is the health care coverage program for active duty service members, National Guard and Reserve members, retirees, and their families. To find out more, go to www.tricare.osd.mil or call 1-888-874-9378.

Veterans Affairs (VA) benefits may be available to veterans who qualify for care and prescription drug coverage through a Department of Veterans Affairs medical facility. To find out if you qualify, call 1-800-562-2308 or go to www.dva.wa.gov.

Tribal members

Indian Health Services is a federal program for American Indians and Alaska natives. It also may provide health services to Indians of Canadian or Mexican origin or to non-Indian women pregnant with an eligible American Indian child. For more information or to find the nearest clinic, call the Portland office, which serves Washington, Oregon, and Idaho, at 1-503-414-5555.

Tribal clinics offer health care to tribal members and their families. In some smaller communities, tribal clinics may serve the entire community. For more information, contact your local tribal government or go to: www.npaihb.org/member_tribes/washington_member_tribes/.

Other programs that may help with costs

Health clinics

Community clinics offer health care services in most counties and charge based on a sliding-fee scale. For more information, call 360-786-9722 or go to www.wacmhc.org/find-care/chcs-in-washington/.

Local free clinics offer free health care and are often run by volunteers with donated supplies. To find a clinic in your area go to: <http://www.wafreeclinics.org/> or call 1-800-562-6900 and ask to speak with a SHIBA volunteer.

Rural health clinics provide affordable access to health care services in most counties. For a listing of clinics by county, go to: http://www.doh.wa.gov/hsqa/ocrh/RHC/Fed_DesignRHCs.pdf.

Health care programs

Breast, Cervical and Colon Health Program program provides screening, diagnosis, and access to treatment for people who meet income and asset limits. To find out more, go to: <http://www.doh.wa.gov/cfh/bcchp/> or call 1-888-438-2247.

Direct health care practices do not use insurance. The health care providers charge a set monthly fee for all primary care delivered in their office, regardless of the number of visits. For a list of these practices go to www.insurance.wa.gov/consumers/health/direct-health-care-practices.shtml or call 1-800-562-6900.

Discount health plans and discount prescription plans are membership groups that may charge a fee for a list of health care providers who discount their services or products. For more information, go to www.insurance.wa.gov/consumers/health/discount-health-plans.shtml or call 1-800-562-6900.

To learn about the free **Washington Prescription Drug Discount Program**, go to www.rx.wa.gov or call 1-800-913-4146.

Disease specific support groups, such as the Kidney Foundation, the Multiple Sclerosis Society and the American Cancer Society may be able to provide help with costs. Check your local phone book or go online for contact information.

Early Intervention Program (EIP) may provide financial help to people with HIV (Human Immunodeficiency Virus) for medical and dental coverage and prescription drugs. To find out more, call the Department of Health at 1-800-272-2437.

Evergreen Health Insurance Program (EHIP) may help pay for insurance premiums for people with AIDS (Acquired Immune Deficiency Syndrome). To find out more, go to www.ehip.org or call 1-800-945-4256.

NTAF provides financial assistance to uninsured people who need help paying for transplant and catastrophic injury medical expenses. Find out more at: <http://www.ntafund.org/>.

PrePaidLab.com is a pre-paid medical testing program for lab tests at lower costs. Find out more at: <http://www.prepaidlab.com/>.

Tuberculosis Testing and Care may be available through your local health department. To find the nearest office, go to www.doh.wa.gov/LHJMap/LHJMap.htm, or look under “county” in the blue government listing pages of your phone book.

Washington Women in Need provides help to qualified women with health insurance premiums, and women who need physical and mental health counseling services. Find out more at: <http://www.wwin.org/how-to-apply/programs/>.

Hospital care

Hospital charity care is provided by all hospitals in Washington state to people who have limited income. Care is provided free or at reduced prices to people with limited income. For more information, talk to your hospital's billing department.

Dental exams and treatment

Washington State Oral Health Program offers a listing of dental resources for exams and treatment by county at: <http://doh.wa.gov/cfh/oralhealth/findcare/default.htm>.

Washington Women in Need provides help to qualified women with health insurance premiums, and women who need dental services. Find out more at: <http://www.wwin.org/how-to-apply/programs/>.

Vision exams and treatment

Community Services for the Blind and Partially Sighted provides vision services in King, Snohomish and Skagit counties, along with limited low-vision services in Kitsap County. Find out more at: <http://www.csbps.com/>.

Lions Club International may have a local Lions Club near you that might offer a program that provides you with help to buy eyeglasses and health-related services. Find out more at: <http://lionsclubs.org/EN/index.php>.

Prevent Blindness.org offers a listing of low-cost vision care resources. Find out more at: <http://www.preventblindness.org/vlc/resources.htm>.

Washington Women in Need provides help to qualified women with health insurance premiums, and women who need vision services. Find out more at: <http://www.wwin.org/how-to-apply/programs/>.

Hearing exams and treatment

Lions Club International may have a local Lions Club near you that might offer a program that provides you with help to buy hearing aids and health-related services. Find out more at: <http://lionsclubs.org/EN/index.php>.

Starkey Hearing Foundation's "Hear Now Program" helps people who live in the U.S. who are deaf or hard of hearing and have no other other resources to get hearing aids. Find our more at: <http://www.starkeyhearingfoundation.org/hear-now.php>.

Washington Women in Need provides help to qualified women with health insurance premiums, and women who need hearing services. Find out more at: <http://www.wwin.org/how-to-apply/programs/>.



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